

THE SUMMIT FOUNDATION CUP ARAPAHOE BASIN 2020



Pro-Tip #1

Be Early!

All ski and snowboard events rely on their athletes being on time! As many of you know, chairlifts can stop, parking can be surprisingly full, or the bus can be late. It's best to always give yourself extra time.

Organizer Tips

Our goal is to host an event that is fair for everyone!

Think back to what your 1st grade teacher would say about snacks during class: "Did you bring enough for everyone?"

Competitions run the same.

Pro-Tip #2

Your score doesn't define you.

Are you sick? Do you have a test tomorrow? These are all things that can affect one's score. Just remember it's one day. A growth mindset gets you to the highest levels. It forces you to improve for the next time and there are always more competitions.

Bibs

Bibs must be returned before awards or families face a \$100 Lost Bib Fee.



WELCOME

We hope this message finds you well!

The Summit Foundation Cup is an exciting introduction to competitive skiing and snowboarding! We have created this document to help answer several of our most common questions Athletes and Parents might have regarding the Event

Included below are three sections:

- General Event Information (aka Fact Sheet)
- Information for Athletes (and Parents)
- Information for Parents

Thank you so much for participating in these events! These are incredible opportunities to have a great time, meet new friends, and show off what you've learned.

If you have any questions, please do not hesitate to reach out to Phil K at 703.678.3187 or phil@teamsummit.org.

DESCRIPTION Join us for our annual Big Mountain (Mtn) and Mogul competition at Arapahoe Basin on Sunday, January 26. The event is free to anyone age 15 or under, courtesy of The Summit Foundation.

Register here: <https://www.eventbrite.com/e/the-summit-foundation-cup-2020-big-mountain-and-mogul-event-registration-64324550462>

KEY DETAILS

Event The Summit Foundation Cup - Big Mountain (Big Mtn) & Mogul Competition

Course Big Mtn - Nose
Mogul - Ramrod

Participants Boys and Girls, Ski and Snowboard (Snb) age 15 and under
This is an event for athletes **without a USASA or USSA License

Age Class Ski: U16, U14, U12, U10 & U8 // Snowboard: U16, U12 & U8

Entry Sign up online <https://www.eventbrite.com/e/the-summit-foundation-cup-2020-big-mountain-and-mogul-event-registration-64324550462>

Entry Fee Free

Deadlines Friday, January 24, 2020 at Noon

SCHEDULE

| | | |
|-------------------------|---|----------------------------------|
| 7:00 am- 8:00am | Registration/Check-In Open | Mtn Goat Plaza |
| 8:30 am | Racer's Meeting | Mtn Goat Plaza |
| | Lift Opens | |
| 9:00 am - 9:45am | Course Inspection (Girls Ski & SNB - Big Mtn, Boys Ski- Moguls) | Big Mtn - Nose Mogul - Ramrod |
| 10:00 am | Competition Commences (Girls Ski & SNB - Big Mtn, Boys Ski- Moguls) | Big Mtn - Nose Mogul - Ramrod |
| 11:30 am | Course Inspection (30 minutes) (Boys Ski- Big Mtn, Girls Ski & SNB - Moguls) | Big Mtn - Nose Mogul - Ramrod |
| 12:30 pm | Competition Commences (30 minutes) (Boys Ski- Big Mtn, Girls Ski & SNB - Moguls) | Big Mtn - Nose Mogul - Ramrod |
| 3:30 pm | Awards | Mtn Goat Plaza |

ADDITIONAL INFO

Athlete Lift Tickets Use your season pass, or a complimentary lift ticket will be provided by Arapahoe Basin for the day.

Family Lift Tickets \$60 Adult / \$45 Youth (14-18) / \$30 Child (13 & under)
Lift ticket with a voucher from Registration/Check-In.
No foot traffic allowed.

Volunteers Volunteers are always in demand!
Sign up to be a volunteer and receive:
- 1 Volunteer Lift Ticket
- Lunch
- Volunteer hours (as applicable)
[\[Click Here\]](#) or email phil@teamsummit.org to volunteer

Parking Free parking is available at Arapahoe Basin

THE SUMMIT FOUNDATION CUP ARAPAHOE BASIN 2020



Athletes (& Parents)

Schedule

7:00 am- 8:00am

Registration Open at Mountain Goat Plaza

8:30 am

Racer's Meeting at Mountain Goat Plaza

9:00 am - 9:45am

Course Inspection

(Girls Ski & SNB - Big Mtn, Boys Ski- Moguls)

10:00 am

Competition Commences

(Girls Ski & SNB - Big Mtn, Boys Ski- Moguls)

11:30 am

Course Inspection (30)

(Boys Ski- Big Mtn, Girls Ski & SNB - Moguls)

12:30 pm

Competition Commences

(Boys Ski- Big Mtn, Girls Ski & SNB - Moguls)

3:30 pm

Awards by the ticket windows

Format:

Two Venues

Boys Ski will start on the Big Mountain Venue at the Nose

Girls Ski and Snowboard will start with Moguls at Ramrod

*Please remember this is a judged event. Questions for the Judges can be asked immediately after the final athlete in the group is through the finish. [\[Judging Criteria\]](#)

Athletes are responsible for:

- Registering as early as possible (7:00am).
- Having all necessary equipment on before the Athlete Meeting at 8:30am. (This means your boots are on!)
- Staying with your coach, and telling them when you're hungry or need to use the bathroom.
- Arriving to the start EARLY!
- Stay for awards (This makes you an amazing team player!)
- Tell your coach about any allergies or medications you are taking.
- Take your lunch, snacks, and layers on hill with you.
- Returning bibs (a bib bag is located by the exit corral).
- HAVING FUN!!!

What is?

[\[Big Mountain\]](#)

[\[Moguls\]](#)

*Both videos show the highest level of competition

Inspection

Inspection is the time you have to look at the course. Go down slow with your coach. This is not the time to race.

Start Order

You will be given a bib at registration. Usually, you will follow the bib number in front of you. So if you're bib 34, you are going after bib 33 and before bib 35.

Start Structure

Your starter will tell you when you can go down the course. Please wait for their signal.

Big Mountain Start Time:

[Fill in your time]

Mogul Start Time:

[Fill in your time]

Coaches Name:

[Fill in your Coach]

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Spectator Tickets

\$60 Adult tickets

\$45 Youth Tickets (14-18)

\$30 Child Tickets (13 & under)

All available with a voucher from registration

Foot Traffic

No Foot Traffic is allowed on-hill due to safety concerns.

Allergies/ Medications

Please communicate any Allergies/medications or special needs to your child's coach.

Pick-Up

Check out with your coach before taking your child for the day.

Judged Event

Please remember this is a judged event. Thus each athlete must make it through the finish and be scored by the judges prior to sending the next one.

Parents

Schedule

7:00am-8:00am

Registration Open at Mtn Goat Plaza

8:30am

Racer's Meeting at Mtn Goat Plaza

9:00am-2:30pm

Inspection and Competitions at the Nose and Ramrod

3:30 pm

Awards at Mtn Goat Plaza

Parking:

Parking is free unless you choose to reserve a beach location.

Registration & Check-in/Bib Collection:

Registration is at Mtn Goat Plaza from 7:00am - 8:00am.

It will close sharply at 8:00am as we will need to conduct our Athlete Meeting and generate start lists.

*If you are late, you run the risk of not being able to participate!

Parents are responsible for:

- Being early!

- Packing layers, lunch, and snacks into a backpack for your athlete to take on-hill

- Staying outside of the venue! The venue is for the athletes, not parents. You can watch your kid from the side of the venue.

- Check out with the Coach before picking up your kid.

(Otherwise conduct lost child procedures aka lock down)

- Communicate allergies, medications and/or special needs to your child's coach.

- If you have any questions for the Judges, please ask them before the competition or after the final athlete is through the finish corral.

- Results will be posted to the ticket windows as soon as possible

- Returning Bibs - there is a \$100 lost bib fee if not returned.

[\[Click Here\]](#) for the judging criteria

What a Summit Foundation Cup Competition Looks Like



Registration

You can register your athlete as soon as it becomes live on the web page. Day-of registration is also possible provided there is still space available

All resorts require waivers. In some cases you will be able to fill out waivers electronically if you register on-line. You can always fill out waivers during check-in the day of the event.

Checking-In

Everyone must check in at the Registration Desk the morning of the event. The Registration Desk will have your bib, and lift tickets. Your athlete will not be allowed to participate in the event without a bib.

Lift Tickets - athletes receive a free lift ticket at check-in

Family Lift Tickets - parents can buy a discounted lift ticket voucher at check-in. You will need to take the voucher to the ticket window to exchange the voucher for a lift ticket. See the event Fact Sheet for specifics on prices etc.

Foot Traffic/Uphill Traffic - Some Resorts allow foot traffic, some don't. (Foot Traffic means you access the course by walking off the chairlift and to the course.) Same goes for those looking to skin during hours. Check the fact sheet or contact the resort for more information.

Coach Assignments

You can choose to ski with your athlete during the competition day though we strongly recommend your athlete join their assigned team.

If you choose to ski with your athlete, **YOU** are responsible to ensure your athlete is where they need to be, when they need to be there. This includes having them lined up in bib order for course inspections and well before their start times.

If your athlete wants to ski with a Team Summit coach, they will be assigned a coach after check-in is complete. The coaches will be holding signs with age groupings so you will need to know what age group your athlete is in. There is no guarantee your athlete will be skiing with their "normal" ITS coach.

Your athlete will need to bring their normal backpacks with extra gear, lunches, water and snacks when they leave with the coach. [Click here to see our recommended packing list for a competition day.](#)

Parent Etiquette

Please be patient and flexible throughout the day. These events are FREE and are primarily supported by parent volunteers.

- Ask the right questions - ie "did you have fun," instead of "did you win"
- Learn the Sport and Culture
- Understand your athletes goals
- Give Ownership to both your athlete and their coach

Coach Assignments

Each event starts with a course inspection/practice. During this time, the athlete will have an opportunity to check out the course and prepare for their run. For detailed information on where and when inspection will take place please refer to the event fact sheet.

Athletes only get one competition run for most Summit Cup events so it is imperative they do not miss their start.

Parents... please be patient throughout the day! These events are meant to be fun for the kids but are primarily run by parent volunteers.

Your athlete needs to be prepared to do a lot of waiting around throughout the day. This means they need to have their packs with them, bladders empty and hand warmers ready to go at any time. This is NOT exclusive to Summit Cups, this is at all levels of competitive skiing/riding. They need to be at the start early and wait patiently for their turn.

It can be difficult for the coaches to lap between runs as they need to ensure all of their athletes are where they need to be, when they need to be there.

Have More Questions?

Email the event organizer
or ask your personal coach

www.teamsummit.org



“Comp Day” Gear & Needs

Outerwear/Innerwear

- Socks (recommendation: buy all the same sock so you don't have varying thicknesses...which affects boot fit)
- Pants (thermal pants underneath)
- Team Jacket and Extra Layer
- Gloves
- Liners
- Hand warmers
- Helmet
- Goggles
- Facemask
- Sunscreen

Water, Food & More

- Suitable Backpack for Skiing & Riding (lunches, water bottles and extra layers can be stored in the backpack)
- Water Bottle
- Lunch
- TWO Snacks
- Personal needs such as EpiPen, Medication, etc.
- (if your child needs medication during training, please communicate with their coach)